

What Does Neurospicy Mean?

First, there was neurodiversity. Then there was neurodivergence. Now there's neurospicy?! Read on to learn more.



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Neurospicy Meaning

You may have come across this new word or neologism that's gaining popularity online. 'Neurospicy' is a new internet term for neurodivergence. It's a fun and quirky phrase that the neurodivergent community is using to describe their neurodivergence.

But since there are different terms for describing differences in thinking, let's get clear on their meaning and use.



What Does Neurodivergent Mean?

Neurodivergent refers to individuals with different thinking patterns. They are individuals with a diagnosed disability or a difference in how they process information.

Neurodivergence is different from neurodiversity though. Neurodiversity is a catch-all term that describes diverse ways of thinking within groups of people. More than [a third of the population is thought to be neurodivergent](#). The phrase 'neurodiversity' refers to mixes of neurodivergent people and those who are 'neurotypical' i.e. who don't have any confirmed differences in thinking.



Is Being Neurodivergent a Disability?

A neurodivergent person has a different way of thinking. The medical profession measures it by finding evidence of differences outside the typical range of human thinking.

Many people are neurodivergent but don't have a confirmed diagnosis. Some people don't seek out a diagnosis because they want to avoid any stigma or discrimination or consider their neurodivergence to be normal. In practice, getting a diagnosis is a positive thing and can lead to better support, acknowledgment, and [workplaces that use it as a competitive advantage](#).



Why Use the Term Neurodivergent to Describe People?

The word 'divergent' describes something that develops differently and so the term 'neurodivergent' makes it clear that someone's brain has a different way of processing information.

The term 'neurodivergent' covers a wide range of conditions including dyslexia, ADHD, Autism Spectrum Disorder, PTSD, and Tourette's syndrome. It's a way of categorising individuals and clarifying their differences so that everyone can understand them.



Why Do People Use Terms Like Neurospicy?

Many people prefer the term 'neurospicy' as a way of describing their differences. And that may be because it offers a more intriguing, fun, and casual way to explain their neurodivergence.

By saying 'I'm a bit neurospicy', it can feel easier for neurodivergent people to disclose their differences without it feeling too weighty or awkward.

'Neurospicy' offers a light-hearted descriptor to introduce the topic. It means the same thing as neurodivergent but is a less serious way to say it.



Are There Any Problems Using New Terms Like This?

Some people may find it difficult to use the term 'neurospicy'. This could be because they feel it diminishes the seriousness and importance of their neurodivergence. Others may see the term as an 'internet fad' or used only by younger people.

In the end, it comes down to a matter of opinion and choice. If people find something they're more comfortable with then why not embrace it?

It even comes with its own hashtag and emoji – the chilli pepper!

Why not [tell us what you think](#) of the term neurospicy on social media?



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